

Current awareness for Midwifery

Recent guidelines, reports and articles

March 2020

Guidelines

The following new guidance has recently been published:

Episcissors-60 for mediolateral episiotomy.

National Institute for Health and Care Excellence (NICE);2020.

<https://www.nice.org.uk/guidance/mtg47>

1 Recommendations. 1.1 Episcissors-60 show promise for mediolateral episiotomy. But there is currently not enough evidence to support the case for routine adoption in the NHS. 1.2 Research is recommended to address uncertainties about the efficacy and safety of using Episcissors-60.

Freely available online

Guidance on Prescribing, Dispensing, Supplying and Administration of Medicines.

Royal College of Nursing (RCN) & Royal Pharmaceutical Society; 2020.

<https://www.rcn.org.uk/professional-development/publications/pub-009013>

This publication provides information on the Royal College of Nursing and Royal Pharmaceutical Society's position on the prescribing, dispensing, supplying and administration of medicines.

Freely available online

Intrapartum care: existing medical conditions and obstetric complications.

National Institute for Health and Care Excellence (NICE);2020.

<https://www.nice.org.uk/guidance/qs192>

This quality standard covers care during labour and birth for women who need extra support because they have a medical condition or complications in their current or previous pregnancy. It also covers women who have had no antenatal care. It describes high-quality care in priority areas for improvement. It does not cover the antenatal and postnatal care of pregnant women with mental health conditions, hypertension or diabetes in pregnancy or complex social factors.

Freely available online

Reports

The following report(s) may be of interest:

Better Births Four Years On: A review of progress.

NHS England; 2020.

<https://www.england.nhs.uk/publication/better-births-four-years-on-a-review-of-progress/>

The data shows that good progress is being made over time in reducing perinatal and maternal mortality, despite an overall increase in the complexity of care. However, the picture is complex and in some areas it lacks clarity, partly as a result of data quality, and partly as a result of the time lag in the data.

Freely available online

Getting safer faster: key areas for improvement in maternity services.

Care Quality Commission (CQC); 2020.

<https://www.cqc.org.uk/publications/themed-work/getting-safer-faster-key-areas-improvement-maternity-services>

This briefing is intended to help maternity services, their trust boards and stakeholders to focus on where they need

to improve to ensure that women and babies get consistently good, safe care. It focuses on three key areas for improvement.

Freely available online

[Health equity in England: the Marmot Review 10 years on.](#)

Institute of Health Equity; 2020.

<https://www.health.org.uk/publications/reports/the-marmot-review-10-years-on>

This report marks 10 years since the publication of Fair society, healthy lives which set out an analysis of the causes of health inequalities and what needed to be done to address them. It explores what has happened in the decade since then, highlighting that: people can expect to spend more of their lives in poor health; improvements to life expectancy have stalled, and declined for the poorest 10% of women; and the health gap has grown between wealthy and deprived areas.

Freely available online

Articles

The following journal articles are available from the Library and Knowledge Service electronically or in print. Please follow links to access full text online, contact me to order copies, or call into the library.

[Acceptability and appropriateness of a perinatal depression preventive group intervention: a qualitative analysis.](#)

Diebold A. *BMC Health Services Research* 2020;20(1):189.

The Mothers and Babies Program (MB) is a group-based perinatal depression preventive intervention delivered prenatally. A cluster-randomized controlled trial examined the acceptability, appropriateness, and effectiveness of MB delivered by mental health professionals compared to paraprofessional staff from home visiting programs. Clients and facilitators found the MB content and group format acceptable.

[Effects of Exercise on Sleep Quality in Pregnant Women: A Systematic Review and Meta-analysis of Randomized Controlled Trials.](#)

Yang SY. *Asian Nursing Research* 2020;14(1):1-10.

This research indicated that exercise has a positive impact on the sleep quality of pregnant women. Despite the aforementioned positive impact on sleep quality, the present study did not find evidence to support that exercise may also improve insomnia for pregnant women.

Freely available online

[Fathers' perinatal mental health.](#)

Hanley J. *British Journal of Midwifery* 2020;28(2):84-85.

Fathers' mental health pre- and post-pregnancy has received little attention in comparison to mothers. Dr Jane Hanley and Mark Williams have a closer look at the issue.

Available with an NHS OpenAthens password for eligible users

[Influenza and pregnancy.](#)

Duncan D. *British Journal of Midwifery* 2020;28(2):78-82.

Understanding the impact of the influenza virus on pregnant women is particularly relevant at this time of year, as it has the potential to mirror the spike in flu happening in Australia. Pregnant women are at higher risk of developing complications following influenza, particularly in their second and third trimesters, due to their altered immunity and physiological adaptations (Jamieson et al, 2006). Certainly, during the H1N1 virus pandemic, there were 12 reported maternal deaths in the UK.

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[Membrane sweeping for induction of labour.](#)

Finucane EM. *Cochrane Database of Systematic Reviews* 2020;2:CD000451.

Induction of labour involves stimulating uterine contractions artificially to promote the onset of labour. Membrane sweeping is a mechanical technique whereby a clinician inserts one or two fingers into the cervix and using a continuous circular sweeping motion detaches the inferior pole of the membranes from the lower uterine segment. This produces hormones that encourage effacement and dilatation potentially promoting labour.

Patient safety reports and crisis events round up.

Tingle J. *British Journal of Nursing* 2020;29(4):250-251.

The author discusses some recent patient reports and crisis events. There is a famous quote attributed a former Prime Minister, Harold Wilson, that 'a week is a long time in politics'. A lot can happen in a week politically and the same can be said about patient safety in the NHS. Recently the media spotlight has turned yet again on some poor NHS care practices in maternity care, following the publication of the Care Quality Commission's (CQC) survey findings. *Available with an NHS OpenAthens password for eligible users*

The establishment of breastfeeding in the small-for-gestational-age baby.

Dooks E. *British Journal of Midwifery* 2020;28(2):90-95.

Term babies born smaller than expected for a given gestation are at greater risk of short- and long-term health conditions. Breastmilk is the optimum nutrition for all babies and offers specific protection from the risks that follow from being born small for gestational age. This study aimed to explore breastfeeding outcomes for babies born with a birthweight below the 10th centile. *Available with an NHS OpenAthens password for eligible users*

The psychological impact of quarantine and how to reduce it: rapid review of the evidence.

Brooks. *Lancet* 2020;published online: 26th February:1-9.

The December, 2019 coronavirus disease outbreak has seen many countries ask people who have potentially come into contact with the infection to isolate themselves at home or in a dedicated quarantine facility. This review of the psychological impact of quarantine by researchers from King's College London found that it can produce negative effects including post-traumatic stress symptoms, confusion and anger, and these psychological impacts can be long-lasting. *Freely available online*

Women's decision-making about mode of birth after a previous caesarean section.

Fumagalli S. *British Journal of Midwifery* 2020;28(2):104-113.

Evidence on the safety and appropriateness of vaginal birth after caesarean (VBAC) appears clear, but knowledge about women's choice towards this mode of birth is limited. This study aimed to identify variables related to women's decision-making about whether to try for VBAC.

Available with an NHS OpenAthens password for eligible users

Women's experiences of a diagnosis of gestational diabetes mellitus: a systematic review.

Craig L. *BMC Pregnancy and Childbirth* 2020;20:76.

A diagnosis of GDM has wide reaching consequences that are common to a diverse group of women. Threshold cut-offs for blood glucose levels have been determined using the risk of physiological harms to mother and baby. It may also be advantageous to consider the harms and benefits from a psychosocial and a physiological perspective. This may avoid unnecessary burden to an already vulnerable population. *Freely available online*

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